

Goal setting and action plans for designing the life you want



Exercise:

If you could summon yourself ten years from now and ask them what their life is like, what would they tell you? Or rather, what would you like them to tell you? Write, draw or mindmap what you'd like your future self to say. This could be having no debt, making a sea change, having the freedom to take a yearly cruise in retirement or diving into your own business venture.



Exercise:

Now let's create the tangible steps you need to take in the next 12 months to start on the path to the life you want to design. First write down the challenges you will face, then the steps you will need to complete in order to face them. Who will you turn to when you break down and stop? Have a clear idea of who's going to coach you and keep you accountable for each challenge and talk to them about it. Put dates against each challenge to hold yourself to. The only thing left to do is start!

Challenge	Steps to take	Coach/accountability	Date to be completed